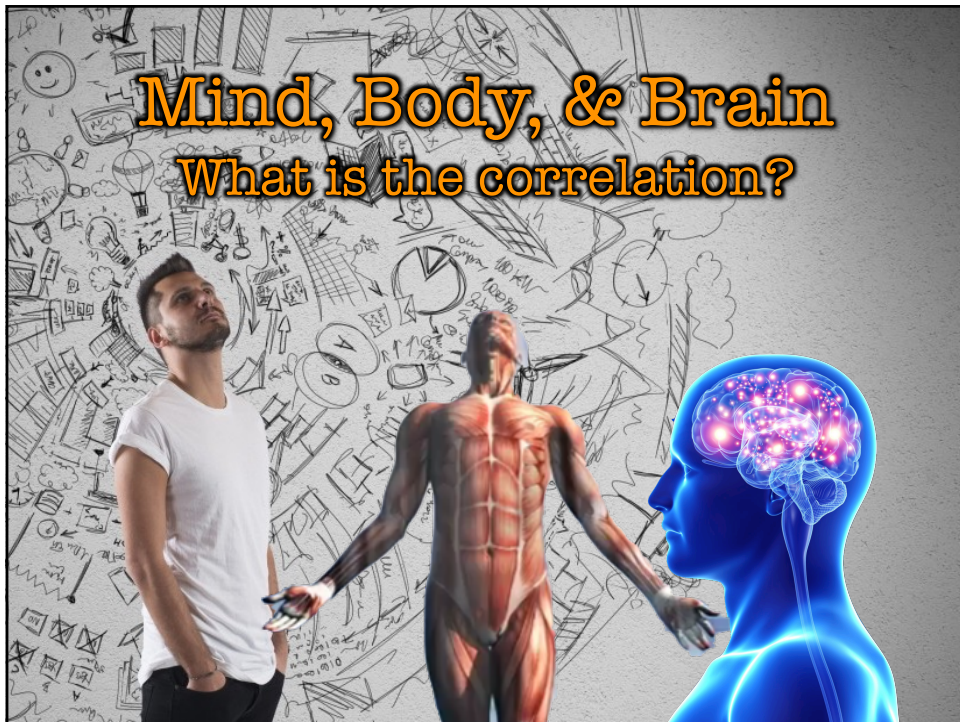
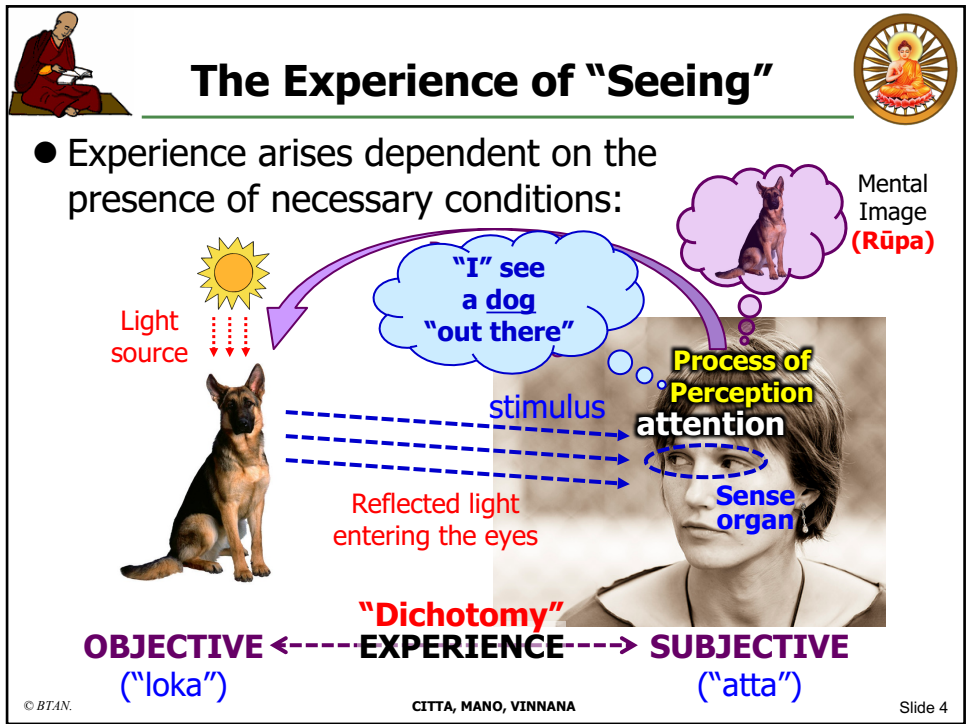
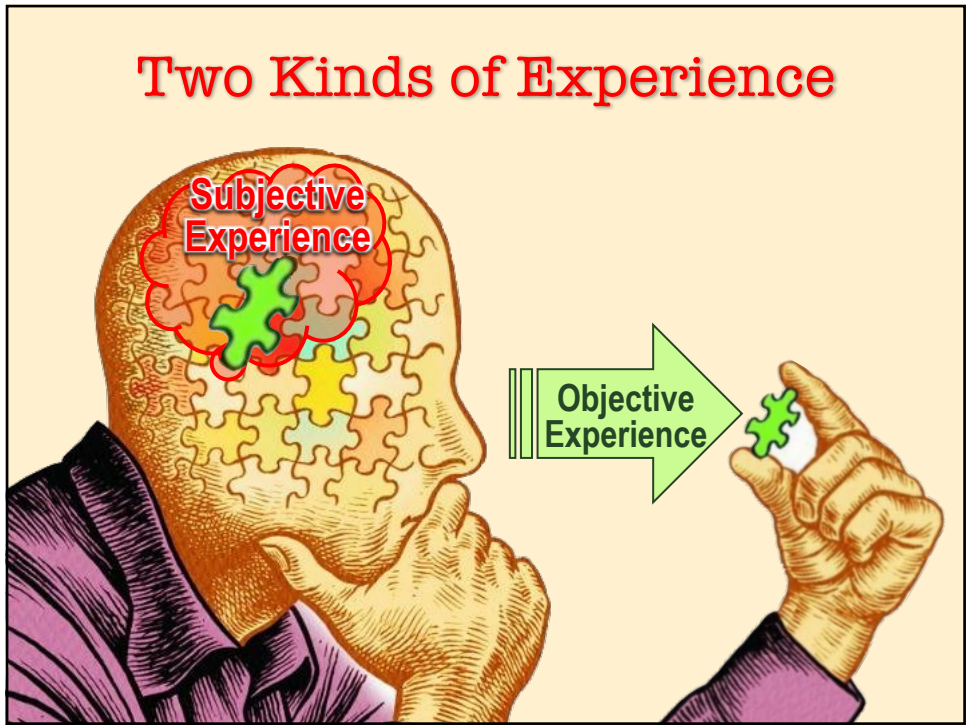
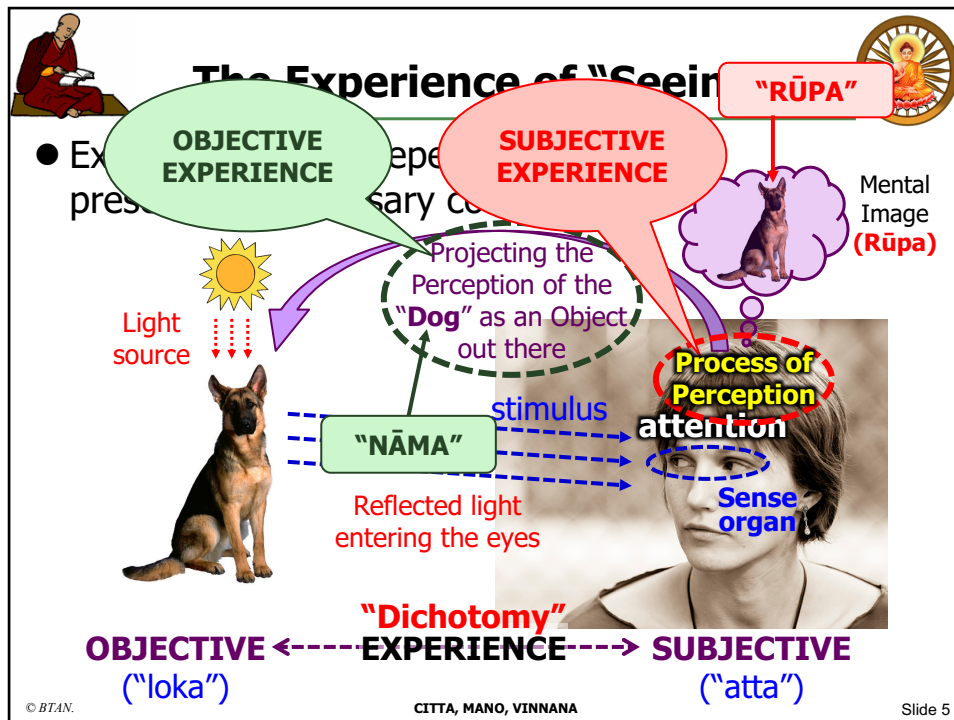


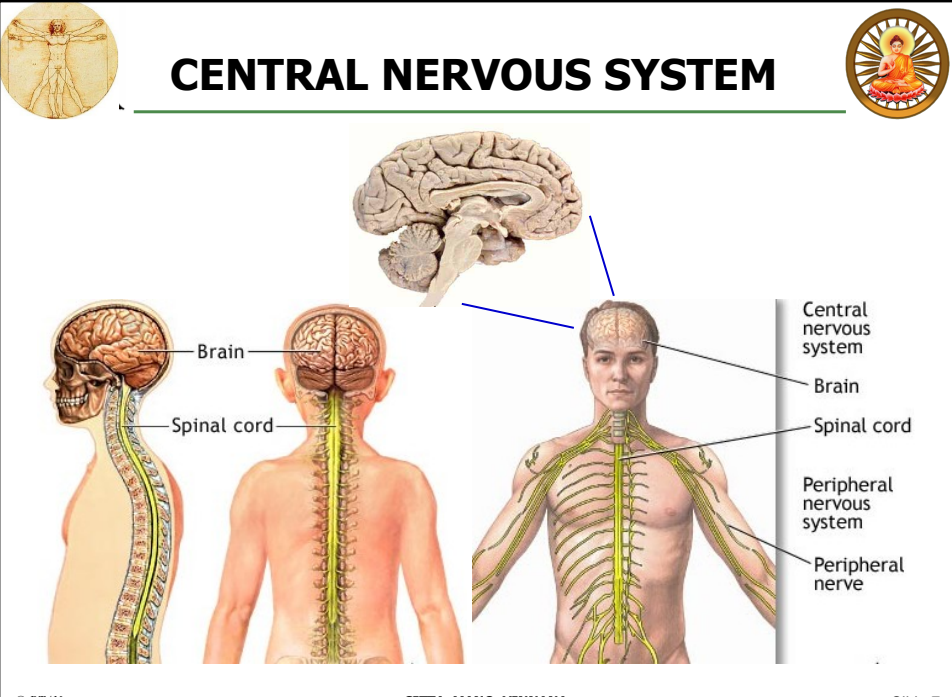
## Revision of Bhante Punnaji's Lessons *From A Scientific Perspective With Bro. Billy Tan*







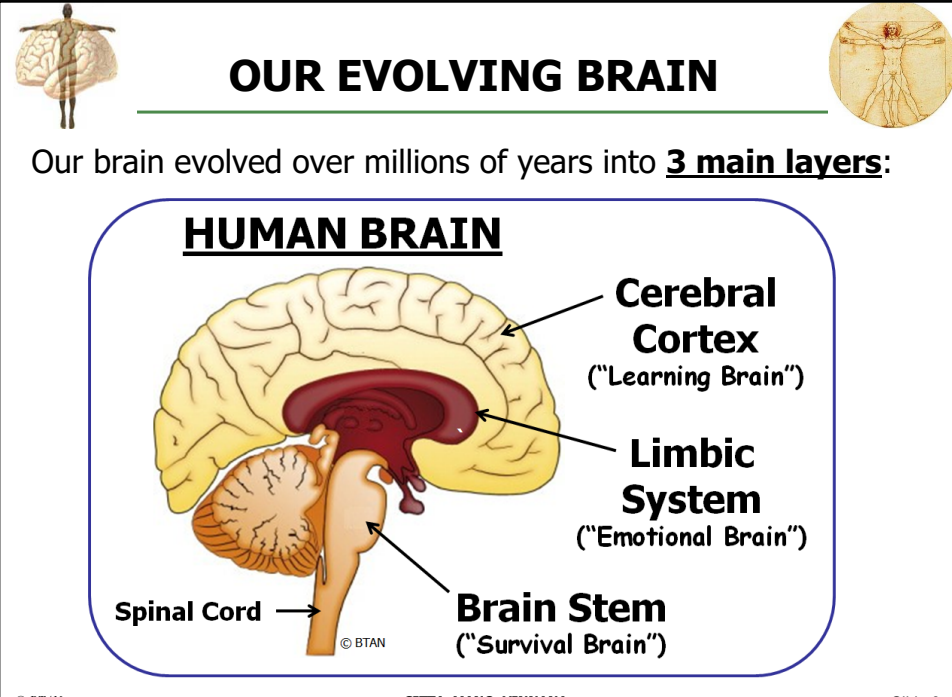




## CENTRAL NERVOUS SYSTEM

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The diagram illustrates the Central Nervous System (CNS) and Peripheral Nervous System (PNS). It features three views of the human body: a side profile, a back view, and a front view. Labels include: Brain, Spinal cord, Central nervous system, Peripheral nervous system, and Peripheral nerve. The CNS is shown as the brain and spinal cord, while the PNS consists of nerves branching out to the rest of the body.



## OUR EVOLVING BRAIN

Our brain evolved over millions of years into **3 main layers**:


### HUMAN BRAIN

- Cerebral Cortex** ("Learning Brain")
- Limbic System** ("Emotional Brain")
- Brain Stem** ("Survival Brain")

Spinal Cord

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The diagram shows a sagittal cross-section of the human brain. The Cerebral Cortex is the outermost layer, the Limbic System is the middle layer, and the Brain Stem is the base of the brain. The Spinal Cord is shown extending from the brain stem. The diagram is enclosed in a blue rounded rectangle.




## MIND AS AN ACTIVITY

### THREE PARTS OF MENTAL EXPERIENCES:

- **Viññāna** : **Process of Perception** ("perception")
  - what was perceived through the sense organs;
- **Mano** : **Cognitive Process** ("cognition & conception")
  - categorized interpretation of perception giving meaning ("nāma") to what was perceived ("rūpa");
- **Citta** : **Affective Process** ("mood / temperament")
  - emotional reaction ("tanhā") to pleasant & unpleasant feelings ("vedanā") is emotional excitement that leads to mood or temperament (emotional state of mind);
  - personalizing the experience leading to the notion of a self-centered existence.

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## SIX SENSUAL REALMS (*Salāyatana*)

Cognitive Process  
**Mano**

Reflected light entering the eyes  
**Cakkhu**

Odor entering the nose  
**Ghāna**

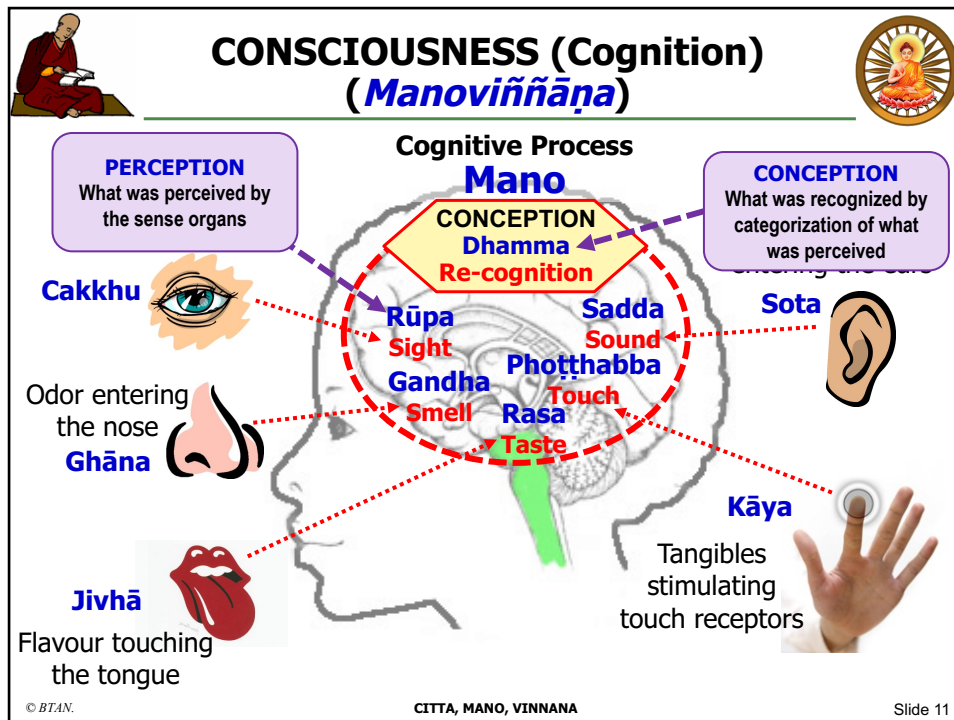
Flavour touching the tongue  
**Jivhā**

Air vibration entering the ears  
**Sota**

Tangibles stimulating touch receptors  
**Kāya**

**Rūpa** Sight  
**Gandha** Smell  
**Rasa** Taste  
**Phoṭṭhabba** Touch  
**Sadda** Sound

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## PERCEPTION & CONSCIOUSNESS (*Viññāṇa*)

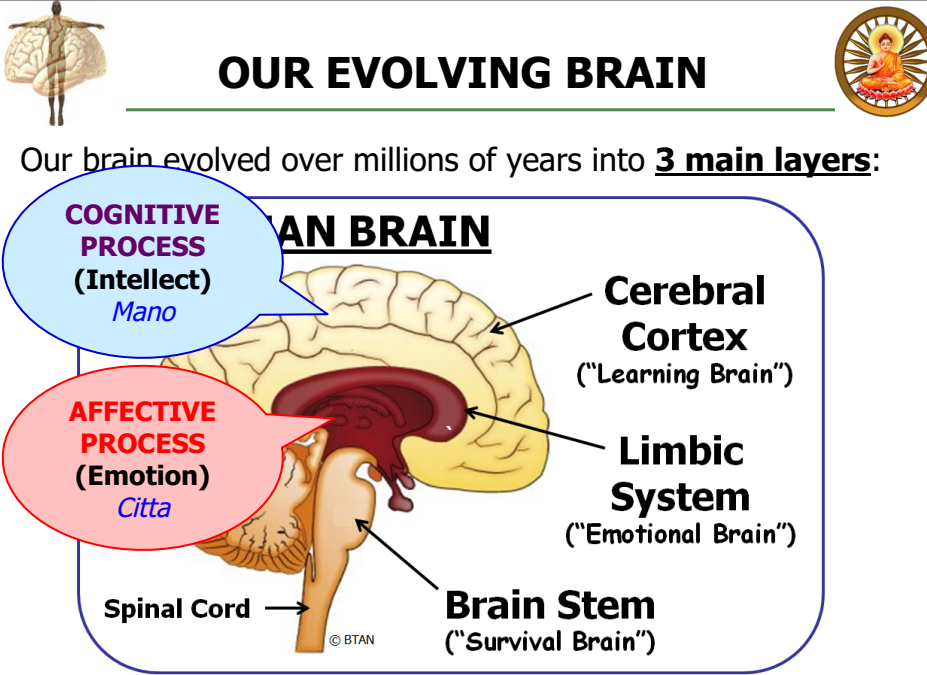
**SENSE PERCEPTION:**

- **Cakkhu-viññāṇa** – Eye perception (seeing)
- **Sota-viññāṇa** – Ear perception (hearing)
- **Ghāna-viññāṇa** – Nose perception (smelling)
- **Jivhā-viññāṇa** – Tongue perception (tasting)
- **Kāya-viññāṇa** – Body perception (touching)

**CONSCIOUSNESS:**

- **Mano-viññāṇa**
  - Consciousness, Cognition (Re-cognition)
  - Conception (Categorization)
  - Thinking (Intellect)

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## OUR EVOLVING BRAIN

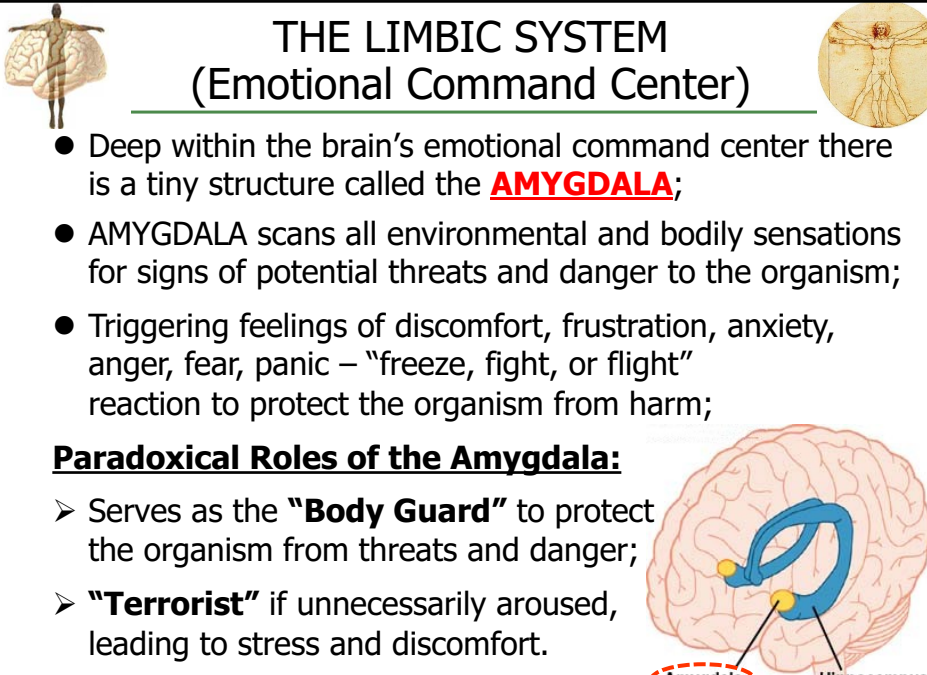
Our brain evolved over millions of years into **3 main layers**:

- COGNITIVE PROCESS (Intellect)**  
*Mano*
- AFFECTIVE PROCESS (Emotion)**  
*Citta*

**HUMAN BRAIN**

- Cerebral Cortex** ("Learning Brain")
- Limbic System** ("Emotional Brain")
- Brain Stem** ("Survival Brain")
- Spinal Cord**

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## THE LIMBIC SYSTEM (Emotional Command Center)

- Deep within the brain's emotional command center there is a tiny structure called the **AMYGDALA**;
- AMYGDALA scans all environmental and bodily sensations for signs of potential threats and danger to the organism;
- Triggering feelings of discomfort, frustration, anxiety, anger, fear, panic – "freeze, fight, or flight" reaction to protect the organism from harm;

**Paradoxical Roles of the Amygdala:**

- Serves as the "**Body Guard**" to protect the organism from threats and danger;
- "**Terrorist**" if unnecessarily aroused, leading to stress and discomfort.

Amygdala Hippocampus

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## OUR LEARNING BRAIN

- ✓ Attention system, Long Term Memory
- ✓ Logic, Critical thinking
- ✓ Lateral thinking (creativity & imagination)
- ✓ Decision making, Goal setting, Planning
- ✓ Judgment, Reasoning, Rationalizing

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**आहार-नद्रिा-भय-मैथुनं च समानमेतत्पशुभरिनराणाम् ।  
धर्मो ह तेषामधिको वशिषो धर्मेण हीनाः पशुभिः समानाः ॥**

Ahara nidra bhaya maithunam cha,  
samanam etat pashubhir naranam;  
Dharmo hi tesham adhiko vishesho,  
dharmena hinah pashubhih samanah.

*Taking food, sleeping, avoiding dangers,  
sexual activities, these acts are common  
between animals and humans;*

*Ability to think, is what makes humans different,  
without thinking humans are just like animals.*

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